

Must Remain in
Transcription Room

M 2002

Saturday, February 20, 1971

MUSIC

Westtown

PART ONE

MR. NYLAND: We should talk about Work, shouldn't we. It's really the central point of this kind of life, at least when one comes and wants to visit the Barn. And it's not only curiosity, but you want to put up with certain conditions of the Barn - and many, I'm quite certain, you don't like. Somehow or other, it ^{is} like a je ne sais ^{Ras quoi} ~~pourquoi~~ ^{it is} ~~(?)~~, something. I really don't know that makes me stay. You never can tell, maybe. You never know what afterwards, if you would leave too soon, that you might say to yourself "too bad". I hope that never will take place. I hope that whenever later on, ~~that~~ when you happen to think of the Barn that it is something that you can say: It's part of my life. It was, at the time. It was useful. I had enough of it. It gave me enough. I don't have to be sorrowful that I left it too early.

How ~~can~~ you manage that? How will you know when ^{it} is enough that you get? How do you know how to get more? When do you think that your thirst may be quenched? Or ^{does it} ~~that~~ you come

back - that is, maybe for a little while X it's all right; Then you leave; then, somehow or other, you X by associations X are reminded and then you think: Did I exhaust it? Could there be more? Perhaps, is there more? Why did I leave? I'll come back sometimes and then I want to see again ~~it~~ ^B But this time, having tasted a little more of life and seeing myself a little better, - because the first period is like the first reading of the book of Beelzebub, - I start to realize a little bit about myself, X Not very much as yet, but there is some kind of an idea X, perhaps, perhaps X it is not everything the way it always used to be and maybe I also lose a little taste of my ordinary life. Perhaps I become a little bit more critical and the question of monotony, of being bored and what to do with it. Sometimes it might drive me back; sometimes it might make me hate Work, because every once in a while ^{we} ~~you~~ do hate it. There ^{is} ~~is~~ no doubt about it. Our attachment to ordinary life causes it. It is not easily given up. One doesn't want to give it up X because it has been useful for a long time, And you still hope that there will be something unconsciously that can be reached - and of course it can be reached, many things can be reached in an unconscious way. The accent always remains different - the accent of one's ordinary life and the accent of the extraordinary inner life. Maybe one can combine it, sometimes ² if one knows how. But you must know that there are differences and you have to be quite aware of such differences, so that even when you talk about it you don't ^{start} ~~dare~~ to mix them up.

Groups are right when they talk about Work. Groups are not right when they talk about ordinary life. It's far better to shut up and not to discuss Work at all, X ~~and~~ Then go to it and

have a nice tea party. But if you talk about Work, the accent is on Work itself. That is why Gurdjieff wrote the book. That is why he taught us what to do with the book and to read it in such a way that maybe you could start to understand it. ^{As if when you} ~~you~~ read it for the second time, ^y you see the remarkability of certain people. When you read it for the third time, you start to smell something that has to do with you; and at the end of the book, on the last page, you find your own picture. That is the third series. That's the way, gradually, how a third series in one's life becomes discovered; how gradually the application of Work is not for someone else and it is not to be discussed in any particular way as if only belonging to someone else. It has to become part of yourself. There are many roads to go astray on and you cannot find even the right direction.

In groups, I know that when I said ^{will} ~~I would~~ not have any more meetings ^{and} concentrating only on this one on a Saturday, ^{of} course, I know that you are up against it, because even if I have talked about it many times, it still is difficult to let it penetrate and to become part of yourself. And you have to have patience, ^{and} I will help ~~you~~ again a little bit more, because I realize how difficult it is. But I don't want to give it up as an idea until it ^{'s} fully exhausted. When I come to conclusion that things must be stopped, I will stop them. I ² have no hesitancy. I stopped Boston Group No. I. It was not functioning. In its stead we will have ^a Boston Group No. II. We will start with a small little group. I would say I can count on, for whom Work has a meaning and who will start as a nucleus and then can start to operate. And the particular way ^{by which that the group will be} designated is ~~to~~ ^{we} talk about Work on ourselves, each person by himself. This is the subject

of the discussions of our meetings. If you want to join in such a discussion, you're welcome; but then we have to hold you to it, that you stick to that rule. We don't want to talk about other things ~~and then~~ ^{than} only Work and the application of Work ⁱⁿ on one's ordinary life. And then you're welcome to stay and you can participate in such discussions, because if you don't ^{want} ~~want~~ to do that and don't ^{want} ~~want~~ to be committed, as it were, to a Group II, ^{it} ~~it~~ is not a Group I.

A ~~Group~~ I means that you have your life dedicated to Work; that you know once and for all ~~this~~ ^{is} this is the road, ~~as~~ ^{as} I've said many times; Like the Buddhists call it, "The Only Way." That's Group I. That is real dedication, because then one is finished with all kinds of other kinds of studies and religions ^{and} philosophies, and so forth. They're all nice and lovely, but they don't give you food, not the way Gurdjieff can give it, in the sense of Objectivity and in the sense of an aim for freedom to understand your death. That, after all, is the whole point - that you start to ^{learn} ~~understand~~, while you are alive, why you die, so that you don't have any fear in dying; that you ~~must~~, as it were, must die to yourself, to many manifestations and ^{no} ~~not~~ just words.

Words is not a manifestation. It's a little bit of ^a ~~move-~~ movement of lips. Manifestation is an activity of your body, your behavior, how you work in daily life; also activity of your mind, activity of your feeling, your solar plexus. ^T ~~That~~ makes a person in ordinary life alert and alive. One talks about that as a ^{basis} ~~base~~ ^{with} ~~on~~ which one starts to Work on oneself. And in Group II, we try to learn: ^{What} ~~What~~ is Work? How did I apply it? Please help me, to tell me what I should do. And then there should be some who tell and must pick up such a question. And if then gradually

there might be a Group I, then they're entitled to different kind of food. And if they don't want a Group II, they must be ^a Group III. They still can discuss ordinary life galore, if they like, always with the background of Objectivity - because after all, it's not just a Carl Jung group or a Zen group. It's very definitely a group based on Gurdjieff's ideas, but it is a little bit more open. That's Group ~~III~~. So Boston will have a Group II - and of course ^x I wish them luck. And we'll help them in a Group II whenever ^{there is} Work ~~is~~ to be discussed. I don't help them in any other way, because it's useless and waste of energy on our part.

This is what I mean: I stop things when I don't believe them, ^(that) ~~(that)~~ they're right. The same applies, of course, to Monday and to Thursday, both here in Warwick and in Brooklyn. But I must help [↑], I know that, at times, because I listen to the tapes and I know where you fall ^{-- where you fall} down a little and where you need a little help. So I will be there on a Monday, sometime, in New York. I will be on Thursday with the group here in Warwick. I will also go to Brooklyn when I can. It is good that I do it, for myself. How else would I answer you? I can listen to a tape and then give an answer, also on a cassette, and you can play it. It's not the same, is it? It is ^x at most ^x a discussion of ideas in a certain way, using certain words - but it's not carried, not even with a little cassette or a tape. It has not that kind of a quality of an imprint. And I would ^{like} to imprint ^{it} on you, what is Work and what is the meaning in your life.

You see, I talk about after-meetings. What for? To discuss the previous meeting. Why? In discussing it, one will learn, in the nucleus, how one has expressed oneself, what kind of answers one has given, if they were to the point. And I've said many

times, in an after-meeting^X Listen to what you have said yourself. Take the time off. Don't have an after-meeting unless you really can devote ^{that} your time to it. Listen to what you have said. You can skip ^{perhaps} a few things here and there^X ^{when} where the question is a little too long or maybe the question asked is a little too long-- an answer too long. Who knows? But at least you ^{will} listen to your own voice and you will know what you have said and not guess at it. Take that time off; and at the same time, it gives you a certain guideline of what you should talk about. Because you see, like on Thursday, you really didn't talk about the group, the previous group, the group that was before. You talked about yourself. ^{yourself} That is not the point of an after-meeting. You can talk about^X at any other kind of a meeting if you like. An after-meeting is related to the meeting which just had passed. How were you in that meeting? How were your answers? And talk about the questions and what they were and how they should be answered - and not your own experience, which may be quite all right and sometimes not right. But they have no meaning. They only should have meaning when you discuss about the things that have happened just an hour or so before^X in the meeting, and this is an after^{that-meeting} meeting. That was a mistake. And I have to remind you of it^X because, in that kind of a discussion, you don't get very far. It was discovered almost towards the end of the after-meeting. And then just to satisfy your ~~own~~ conscience a little bit, just a little bit of a talk about a few questions. It was not meaningful. It wasn't right.

You have to be very careful in ^{an} your after-meeting. You have to remain very ^{strict} straight. You have to remain very simple. You cannot have an attitude as if you know it. All the others know it also, fully as well as you do. They express it differently.

And totally, nobody knows it - and you must also know that. You must know how difficult it is to answer question^s, because you don't listen enough to the question itself. So how can you answer? You don't know where ^{they} ~~we~~ live. You don't know where the question comes from. I've explained it ^{so} many times. It takes a long time to form a nucleus. And again I say; ⁱ if the nucleus cannot learn, I stop it.

It's useless to talk about Work in a half way. I explained ~~it~~ - last time, I think - exactness of language. It will never build you a Soul ^{if you put} too much water in the wine. We want something, very definitely, that has a meaning and can have a meaning in your life and in the attempts you make with your Work. And you have to be careful that you do that and then talk that way, ^{and} simple, so simple, ^{have to} that the other may ask you twice to repeat what you ~~are~~ ^{were} saying, because it may not be entirely clear because of its simplicity. Each person ^{becomes} woozy, particularly when ^{they} you want to talk about Work and ^{they} drag into it all kind of nonsense which does not belong to Work at all, not in the beginning.

not And we're all beginners, very much beginners. ^Q What is a year? Even if you are twenty-five or thirty, it's a very small period. And even a year - you haven't even Worked a year. You have been in contact with it ^{for} a couple of years, yes; ^{but not} the time you spend in making efforts - how small they are! ^{com--} Totally, they're just about one inch. Try to realize that ^{that the} attempts for consciousness are so small compared to what you ^{during} have lived through in an unconscious way, even in the period that you are so-called interested or associated with Work or ^{with a} the group. It's very necessary to remember that. ^{How} Or can you even ^k undo or at least understand your unconscious state?

The language is new. The kind of life is new. The application is new. The adventure is new. The experiences are new. Words fail you for such experience. Emotions are not developed enough to tell you what they are. Spiritual life is not under your control. Many times it just happens. You're ill-equipped for Work on yourself. And of course it is logical, because it's unnatural. How else could it be? If it were easy, ^{it} ~~that~~ would ^{not} be worthwhile and of course you would never have any fear of death. But you do have it, because you want to live. And you want to protect your life and you want to extract from this life what you can. And you ^{are} absolutely right. That is your birthright; otherwise, why were you born?

So of course one has towards it a wish not to give it up and not to put any substitute ^{it} in, unless it is also alive and it can serve you. Surely, during the week, during ^a ~~the~~ day it can. But when talks at a meeting, you don't talk about the daily life of yourself. You talk about the questions as asked, to help them what to do, as if you are ^{at} that moment ^{Working} with them and telling them about ~~the~~ creation of little 'I' and the function of ^a little 'I' and ~~the~~ the reason for the existence of that and why should one even bother by trying to become aware about one's own behavior and the acceptance as it is ^{which} which is a very meaningful phrase.

To accept oneself as one is means ^I I understand impartiality. And impartiality is the crux of the matter, not observation, not even little 'I' - that's only a means to an end. And surely not simultaneity, that is later. Simultaneity is for your Soul. Impartiality is for your Kesdjanian body. And that's first to be gotten because we need that in order to build a Soul. ~~First,~~

Further,

Kesdjanian body gives us direction, how the Soul should grow. Kesdjanian body is linked up with impartiality. And impartiality for oneself to understand it with our ordinary mind uses words like total acceptance of myself as I am without association or criticism or description. Acceptance means as is; ~~As~~ my being is.

When you ^{are} talking ~~in~~ ^{at} your ^{an} after-meeting, don't start to mix up things. Give each person a chance to talk. Monday is getting much ^{and much} better, because there you start to understand what it is to work together and ~~there~~ is a great deal of difference between ~~last~~ year and this year. And it ^{is} a great deal of hope for them, because that meeting on Monday has substance and they stick to Work. ~~I~~ I know the stories of ^{meetings of} different groups ^{at} and different places. It's always the same. ~~They~~ ^{you} all have to go through that particular period, realizing that they talk nonsense. And then a few, starting to understand that it is not for nonsensical reasons that they meet, that then they have to stick it out together and Work together, and then they can build something. Thursday here in Warwick, ~~they~~ ^{you} still have to learn that. You're just beginning. And again I say, be very simple, because your ^{confusedness does} ~~confusement~~, ^{would} not giving the right kind of ^{an} answer to people who ^{would} like an answer. Maybe it's better you don't have such a large group. ~~And~~ maybe people who come don't prepare themselves and maybe they just happen to come because they feel ~~they~~ ought to come. ~~There~~ ^{is} no reason for anyone to come unless you have a question that you really can base on your own experience. Don't come out of curiosity and don't come because I think you ought to come. I much rather have you not come if you don't want to come. If you ^{what} to come, there is something in you that then will ask ^a questions. Why?

~~Why~~ If I Work, I change. I discover a great deal about myself,
 why it happens, if it's possible to make such ~~an~~ observation
 process more reliable. But even if I cannot ~~always~~ ^{be} present to
 myself, I still can remember the attempts I ^dmake to try to become
 impartial, And I remember that and I get knowledge of myself and
 I see myself in a certain way. Not all the facts are truthfully
 entirely, but I ~~won't~~ ^{don't} quibble too much about it. There is
 enough. And when I Work, I learn; ~~I learn~~. I change. And what
 changes ~~in me~~ are the kind of questions. And what changes further
 is my mind starting to ^{functioning} function differently - perhaps a little bit
 more logical; perhaps a little bit more free from prejudice;
 perhaps a little bit more on one's own and not entirely borrowing
 from someone else of what I ^{ve}heard, and quite definitely no longer
 wanting to use clichés of any kind. My own world opens up. And
 I'm a stranger in my inner world, ~~and~~ so when I Work, I have to ask
 questions. It does not mean that I ask it every week; and it
 does not mean that when I don't know how to ask that I haven't
 Worked. Work is required in order to understand honesty; in
 order to understand seriousness; in order to do away with super-
 ficiality which does not allow questions of this kind. You
 don't reach Kesdjanian body by means of a superficial world and
 superficial words. You reach it as a quality which is essential
 to you. That kind of a depth you have to go, otherwise don't come
 and ask questions. It just takes up ~~the~~ time of someone else.

It's not always necessary to answer your questions. ^{Maybe} if you
~~can~~ ^{can} find out for yourself if you made an attempt. But when
 you come to a group, at least show, here and there, that an attempt

was made of a certain kind so that then you ^{can} ~~could~~ be corrected ~~in~~
~~and that then~~
~~that language~~, for the future, you know a little more of what you
 should do and should not do and when you should try to Work and
 when you should not try to Work. And take that to heart ^{if it is said} ~~so~~ that
 you don't Work when you ^{are} emotionally involved, ^{Don't} Work then.
 Take the word from someone who knows a little more and don't make
 attempts.

no But ^{do} Work when you can, ^{and} when the conditions are very, very simple
 for yourself. I still have to hear such things as remarks: I
 got up. ~~It is~~ Not the fact that I got up early - I don't care. You
 can sleep as long as you like, but when you are in the waking-
 sleeping state, then maybe there is a chance to experience a state
 of self-consciousness, even for a moment. ^{so if} ~~If~~ I get up early, what
 do I do with it? Do I Work? Do I sit down ^{at the edge--} on the edge of my bed?
 Do I actually try to consider myself sitting, just sitting, maybe
 using my hands ^a little bit ^{to rub} the sleep out of my eyes, ^{and}
 maybe I take a deep breath ^{and} maybe I blow my nose and maybe I
 cough and maybe I would like to have a drink of water and ^I sit
~~down~~ again ^{at} on the edge of my bed, ^{maybe} and I get up. Am I aware, during
 any of such processes, ^{of} during any such moments of my life? ^{Do I}
 make ^{an} attempt to remember myself when I do that? ^{or} ~~Why~~ do I wait
 until I get ⁱⁿ to the subway and someone pushes me; or till I get ⁱⁿ to
 the car? Why wait until you get in the car? There's a full hour
 in most cases, ^{if} that you can remember Work and start, if you ^{are} really
 serious. Do it at ^{the} times when you can do it, but don't wait until
 a time until you have to shake hands with someone who ~~is~~, of course,
^{and so forth} is already angry at you and so forth, and you have to talk about
 ordinary life. You don't have to. ^{When} the conditions are very
 simple, ^{so} You don't have to say that they are simple. It's obvious,

because the intensity of what you describe as Work on yourself becomes obvious when the intensity was possible for you. Why does it take so long to understand simplicity of Work? Just your behavior, that body that walks and that does certain things and something that you would like to create ~~x~~ then that becomes aware of you. And all the various consequences of that kind of an attempt, when it is in line with this ~~kind of a~~ possibility of an objective state which then, in your presence, will give you objective information which you then can rely on and about which then you can talk about how at such a time, you hated yourself and you could not accept yourself as you were. And everybody knows that that is ordinary life, because otherwise I wouldn't hate, I would just accept myself. But I find something that ^I says how goddamned stupid I was. That I don't forget because I say ^{this} stupidity was so unconscious and I hate my unconscious state - that's what I hate. I don't hate myself. I hate that I am a slave. I hate the fact that I ^{am} bound. I hate it that I'm born on Earth, because I have to fight to free myself from that bondage. I hate sometimes God, having created me on Earth. And still even that I have to accept, and if I can accept it, it's the first step ^{on the road} ~~of the whole~~ to true wisdom, that I can accept ^{the} conditions as given to me, knowing that whatever brought it and however it happened to come to ^{be} me and whatever was the cause of my arising - father, mother, ancestors, God Himself - it doesn't matter when I once discover that what I am trying ^{to wait for} ~~to~~ wish to when I accept myself.

no I stand in awe, or hoping that something will become new knowledge for me, ^{to} ~~that~~ something will appear ^{that} and I can say, this is my life and for that I wait, because when I have that as my life, I can stand practically everything else. It doesn't matter what I

then have to suffer if I only ~~then~~ could remember myself, my real self. ^{the} questions ^{have} ~~has~~ to be tinted like that. ~~I~~ I know what I ask for. I ask for the best and ^{the} uppermost effort on the part of yourself. And I know that ^{the} ~~a~~ small percentage will understand this. And the rest will say "yah, yah, yah, yah, yah!" But you can have it. Do as you like. You live your life. I hope you find out. If you live your life on Earth, I hope you ^{will} find your inner life in Heaven.

Triple space → To Gurdjieff, to whom we owe ~~gratitude~~ for having written in the way he did, hiding here and there and creating many difficulties, but making it worthwhile to have in one book a combination of such knowledge and wisdom ^{which has} ~~that~~ made it easier for anyone who wishes to study, not to wade through too much of the ~~sacred secret~~ doctrines and ^{the} esoteric knowledges, but still receiving root language and the principle, not having to go through all the rigamaroles of too many words and too many sentences covering up the essence of a principle.

That is why I love Gurdjieff! —because he gave honest food and no ersatz.

PART TWO

MR. NYLAND: How will you spend tomorrow? Each day when you have lived it — will it help you for the next day? Is your progress even? Horizontal? Is it going down? Up, slightly? What do you think at the end of the day? Do you ever take stock of yourself? In silence, of course, and no one there, You talk to yourself, You see the events of the day, you look at it. ^{Do you —} How do you consider yourself? Sometimes you think you're there, sometimes ^{you're} not. Some-

times you wish to work, sometimes you cannot. All your little idiosyncracies, all the ^{different} ~~little~~ traits you have, particularly when you have dealings with other people. What do you expect, ^{What is} of your hope, your life? What will it give? How will you grow up? What will it be five years and ^{ten} ~~then~~ years, forty years, fifty years, who knows? Where will you be? In what way of development, I mean. Where will you be? It's a slow process to go from the surface down to your essence into your real being. Your real being is not on the surface. So much on the surface is just ephemeral. It just happens to be, can be brushed off. You can lose it every seven years. You ought to be able to change your behavior, but it gets encrusted, it gets crystallized out and you don't know enough about chemistry to dissolve it. How can you get rid of some of the stuff you know is no good? By talking with other people, by living with them, by trying to create conditions for other people, by caring, by loving them? Can you? Other people, what do you wish for them? All the difficulties, your insistence, maybe, their insistence; your logic, their unreasonableness; your coldness, their warmth. Sometimes, what is it with ^{All the negativity of the day,} you? What is it with them? What is it with everybody? How do you start? With Nixon? And you end up with who? With yourself? Stupid people in the rest of the world, nothing but strikes and higher rent, higher expenses, inflation also. Maybe that's what we have to accept, to take as it is, without doing anything about it? Of course, we do. We try. Even if you write letters to the New York Times. It's very small, ^S ~~isn't~~ it. What you're angry about today, you've lost tomorrow. Are you ever angry

about yourself continuously? When you see a trait which you really, you know it doesn't belong, ~~You shouldn't have it,~~ ^{It} doesn't help if you say it was exactly like my father. He shouldn't have had it either. But in any event, you have it. Can you get rid of it? Can you get rid of terminology, voice, clichés, I said a little while ago. What can you do about yourself? Doing the best, changing; then, it crops up some other kind of psychological ill, somewhere. How can you ^{eradicate it?} ~~create (2)~~ * ^{head of a} Out of every hydra, three others will come up. Do you see that? Do you believe it? Do you believe you ^{are} stupid? Do you honestly think that you have some value? ^{That as it is in a good and} Your ordinary life ^{is an ordinary life.} ~~is an ordinary life.~~ ^{What are} Your superficialities?
~~X~~ Your life ^{as it is} has been created. ~~Do you~~ think it's worthwhile? From what standpoint? From yourself, of course. And what is there and what can you do? How will you do certain things that you ^{know you} ought to do and you don't do it. And after a little while you don't even feel sorry ^{and} when you expect other people to accept you, ^{then} And you live in your life and you hope someone else will change and even will love your idiosyncracies and care for it. We are so dumb. ~~When~~ When you sit quietly in the evening, maybe in front of ^a the fireplace, if you can afford it and can have it - not in front of ^a the TV, unless you turn it off. That would be a good thing, if you have a TV. Sit in front of it, but turn it off and look at the picture you can write on it. It's like a clean sheet of paper at the time you were born. ^{And} ~~On~~ the TV ~~you~~ can have your history from beginning to end. So take a little crayon, a pencil or something, a chalk even, in your hand, ^{and} start - with what? What is the essence and the kernel of your essence? Where is your inner life? [?] Where is your Magnetic

Center? Where is your wonderful brain? Where is your heart?
Your solar plexus? Where are you on ^athe TV screen? Write your
history. Have you ever written it? ~~What a~~ ^{His} story it ~~is~~ ^{is},
for yourself, ^{that} If you can look at ~~five~~ ^{what} years from now to see how ~~it is~~ ^{how}
well you punctuated at that time and ~~the~~ ^{and what} beautiful things you
could write, and now ^{and what} have you gone down, up, ^{or where?} Horizontal, still
the same, ~~the~~ same troubles, ² you try with different people, you
live with them for some time, you give up; someone else, you give
up. Always something that gives up. Why?

Why is it so difficult? Why can't you be honest? You have
to learn such a great deal ^o in life. It's obvious. And here is
a way of learning and you don't even know it. You think that we're
all the time talking about inner life. You think that all the
time we talk about consciousness ^x hereafter, about a conscience,
about a man who has a will, who is harmonious. You think we're
talking about that, and that's what you think is the purpose of
Work. The purpose is to wake ^{you} up ~~up~~ to what you are, Not the
description of consciousness and how you ought to be as a harmonious
chord. ~~No~~, exactly the way ~~that~~ you are, to wake up to that ~~x~~, to
see yourself honestly, ^{that} That is the acceptance ^{that} which you know once
and for all - ^{for sure} ~~of course~~, ~~there is~~ no question about it. I am
selfish. I am a bitch. I am mean. I stink. I'm rotten. At
times ^x I'm hypocritical. At times ^x I'm so stupid I want to get
away from myself. At times I'm good. At times I try. At times
I'm honest, so help me God. All such things you can tell to your
self right in front of the TV screen. How many inches now, twenty-one,
huh. Larger and larger ^x your life, longer and longer, intense, more
and more. Work for it. ~~Here~~ Here is Work given to you, to find out
what you are ^x So you don't have to ask God all the time to tell you.

to tell you

God helps you to give you a little grammar, ~~To guide you~~ ^{what} is the 'A-B-C', ~~so~~ that you can learn to read your life, your history. If you ~~are~~ really read it, and ~~x~~ it contains the truth and ^{that} you will ~~find it~~ you know, when that is there, you stand in awe in front of the truth. You would like to wash it away every once in a while. The tendency is always to bind the truth again, not to let it make you free. You don't know what it is to be free yet. You don't dare. You really, you ~~don't~~ have ^{not} enough character to dare ^{you} stand in front of ^{and you tremble,} your temple. In fear and trembling, you enter into the holy-holy. And it is right, probably, because ~~x~~ what is this human ^{brain?} being, ^{what} is there of value ^{than} and only a little bit of nonsense for this life and a couple of dollars and what you call your brain ^{can} but what is it really you can give? What ^{is} it ~~can~~ you do when someone is a little disturbed? How can you help? With what? Cry with them? Sit with them? Help, I mean ~~1~~ - when someone cries for help can you give it? Do you want to give it ~~x~~ ^{Can you} get out of your shell and give it? At cost, at your cost. No profit in it for you, ^{than} in only doing it ^{to} keep it going, to help someone. Do you really care?

Do you know what it is to care? I don't mean animals, I don't mean plants. I don't mean such forms of life. I mean life that can talk back, life that can object to you, ~~Life~~ that can return to you ⁱⁿ the form of criticism ~~x~~, life that is there in the form of an opinion of you, liking you or disliking you. All of that ^{it} is there ^{that's} what I mean. The relationships are there. The relationships are at the Barn if you want to know. ^{with} It's ~~x~~ all the nonsense, in all the difficulties and all the different people and types and idiots and idiosyncrasies, all of them, you have to deal with ^{them} if you want to grow up. You can't run away

from them. You can if you want to. ^{And then} The Barn is out for you.
^{stick} Think it out ^{as long as} the best you can.

no \$ Try to find out what it is for you, ^{as} your life as it de-
^{as it} velops, ^{And} opens up, ^{and} as it wishes to grow, ^{you write} you write, ^{when} while you
 still can write. You tell ^{when} while you still can tell. Don't
 wait ^{until} till you die. Don't wait too long. ^P Try to understand
 each other in the attempts that each one will make for Work,
 if you can ^{insist} ~~see it~~. When you have a group, don't criticize
 either the group or others, or even yourself. Change it. You
 come, bearer of good tidings. You come with enthusiasm. You
 make a point of it, ^{that} you prepare for your meetings. You come
 because you have to answer questions. You are ^a moderator.
 You ought to understand ^{questions} as asked. You have to ^{tell} ~~the~~ ^{them} ~~the~~
~~group~~ when they ^{are} on the wrong road sometimes. You have
 to stop them, not to allow them to take up your good time,
 neither their own, and the rest of the group. You have to
 bring it. ^{it is} There's no use talking about it afterwards, that it
 wasn't there. Make up your mind if you honestly wish. Make
 a task. ^{and} Make a mutual task, but don't let two or three have a
 task ^{for some reason} but you don't ^{somehow} or other. Get a task if you wish
 for all of you - a small one. To call each other at ~~the~~ ten
 o'clock in the morning. ^{It's} It's a small task. You don't have to
 get up out of bed too early for it. Make it as easy as you can,
 but then keep it and ^{then} see what you can do. Find out if that
 mutual task can help you so that when you see each other you
^{said I kept my task.} can say I can find out. I obliged myself. ^{I wanted; I did it;}
 It costs ^{me} how much? Oh never mind how much. I did it.

That's what counts. ^{when} Regarding Work - that will count. ^{\$} Re-
 garding Work for yourself, I say Don't wait. ^{when} You're young,

it's beautiful, ^{and} the whole world ^{is} ~~perhaps~~ ahead of you. ^{And} Don't become morose. Take it easy, that is, ~~take~~ take it in your stride, but develop your inner life also, but ^{At} the same time I say, don't wait too long. Maturity will overtake you and that will satisfy you. And you will sit down on the stone ^{on the} road and let all the passengers go by. They're going to the Moon, you say. How do you know? Maybe some will go to the Sun. But you sit because you enjoy yourself already too soon. And ^{there} is too much leisure ^{as} ~~and it is~~ given away for a little-- a couple of dollars ^{by} ~~of~~ industrial progress to make it easy, so easy, ^{can} ~~and~~ you fall asleep. Push buttons, you know, ^{water} ~~that's the way~~ close to ^{as} Gurdjieff describes them - beds of felicity, just so enjoyable. Try to hate that first; try to live a little bit better, ^{try} ~~and~~ to work with each other. Try ^{tomorrow} ~~to know~~; see what you can do tomorrow. Sometimes I say, ^{don't} ~~at~~ ^{unless} work. And sometimes I say ^{work} ~~work~~ all you can because it's stupid not to ^{work}. And then one hears one thing, ^{another} and one hears something else. And you ^{may} ~~might~~ be ^{a little} confused but you settle for that ~~is~~ what's the the easiest for you. ~~It is~~ It's a little friction that is needed to make a super-effort. When things are roses, ^{roses} it's not always the right kind of life. But who am I to tell you? You can know it all by yourself. ^{If} you read ALL AND EVERYTHING, you have a direct contact with Gurdjieff. Go to him; you don't need me. I go to him.

You talk among yourselves. You remind each other. If you want to establish a level of a meeting, ^{read} ~~read~~ something that struck you, ^{maybe} this week, ^{from} ALL AND EVERYTHING. Start the meeting on a level. Pray to God that you are there when you are there.

Don't do things flippantly. It's not only idiotic, it's sinful. You must not allow yourself. You have to learn how to grow, how to live, how to go against the grain of yourself, how to overcome all the different things ^{that} you know ~~that~~ you should hate, and you ~~km~~ must hate it. Stamp them out. Crush them. Kill them with fire, like Hercules, so tomorrow may be a beautiful day, ~~A~~ day of strength, a day of determination, an ordinary day, a day of simplicity, just ^{to say} ~~a day~~ to say, "Hello, How are you today?" Today, I will do my Work with enthusiasm.

no I suggested it, a little while ago, to put it on the door of a workshop to remember to say it as ^{they} ~~you~~ came in; ^{but those who I know,} such things are forgotten, many things are forgotten, all by the wayside, and you don't even want to find the time to come back and search ~~&~~ ^{for} what you have lost. Why? Such superficiality. ~~Don't~~ ^{for} belong to the 80 per cent who will remain unconscious. Try to get out of it. Find out where the cells are who have still ambition in your body. They want to immigrate towards an aim. Help them. Create conditions for them. Buy a ticket ^{for} from them to a new country. Help them - those cells - with their passport. You guarantee. You make it your own. You tell them, I will help ^{cells of my} my solar plexus to be promoted, to go to an institute of higher learning to get a diploma, to be allowed to enter into my heart, to fulfill an aim in relation to the totality of my understanding, hoping that some day there will be a Kesdjanian body to carry me on my way in search of infinity. *✓*

Have a good day tomorrow. Goodnight, everybody.

END TAPE

Trans: Bhyllis Lehman

ROUGH: Lenore

proof: *Crate*

proof: *Roberta Bluestein*